

Good Nutrition Reading List

From the American Dietetic Association

Nutrition and Lifestyle

American Dietetic Association Cooking Healthy Across America

by American Dietetic Association Food and Culinary Professionals Dietetic Practice Group. Wiley, 2005.

Drawing on the unique flavors, history and culinary traditions from all corners of the US, this cookbook offers region-specific recipes that are delicious, nutritious and easy to prepare.

American Dietetic Association Complete Food and Nutrition Guide, 3rd Edition

by Roberta Larson Duyff, MS, RD, FADA, CFCS. Wiley, 2006.

Includes the most up-to-date Dietary Guidelines for Americans. Offers quick access to timely advice on a multitude of food and nutrition topics. Includes chapters on food for fitness, healthy weight, vegetarian eating and nutrition for every stage of life.

At Peace with Food

by Leeann Simons, MS, RD, LDN. Copyright 2009 BookSurge (Part of the Amazon Group of Companies).

Losing weight is usually easy, but keeping it off presents a challenge. Change the way you view yourself and your relationship with food.

Break Through Your Set Point: How to Finally Lose the Weight You Want and Keep it Off

by George L. Blackburn, MD, PhD. Harper Collins, 2007.

Discover the key to your internal balancing mechanism and improving your eating habits. Learn how to face the fatigue and stress that often accompanies weight loss. Menu plans and ideas for incorporating physical activity into your day are included.

The Eating Well Diet

by Dr. Jean Harvey-Berino, PhD, RD. The Countryman Press, 2007.

Develop healthy eating habits with over 150 recipes, inspiring messages and practical tips. Helpful charts and sensible strategies will encourage you to set goals and track your progress.

The Flexitarian Diet

by Dawn Jackson Blatner, RD, LDN. McGraw-Hill, 2009.

Vegetarian diet not for you? "Flexitarians" know how to get protein and nutrients without giving up meat entirely. You'll also find recipes and a five-week meal plan.

Food Synergy

by Elaine Magee, MPH, RD. Rodale, 2007.

Timely information about how to get the right nutrients without taking supplements. Recipes and meal plans with "per serving" details are included.

The Good Housekeeping Supermarket Diet: Your Shopping List for Delicious and Healthy Weight Loss

by Janis Jibrin, MS, RD. Hearst Books, 2007.

Use the tear-out guide to help you shop more efficiently. Stock your pantry, then try the recipes. You'll also find a calorie counter for 100-calorie snacks, as well as tips used by successful dieters.

Making Weight Control Second Nature: Living Thin Naturally

by Susan Burke March, MS, RD, LD/N, CDE. Mansion Grove House, 2009.

A "how to" guide for becoming a person who makes choices one day at a time, one meal at a time without feeling deprived.

The Mayo Clinic Diet

by Mayo Clinic. Good Books, 2010

Written in an easy-to-read format with colorful illustrations and helpful tables encouraging you to add five habits, break five habits and adopt five bonus habits to help you lose weight.

Overcoming Overeating: How to Break the Diet/Binge Cycle and Live a Healthier, More Satisfying Life

by Jane R. Hirschmann and Carol H. Munter. Da Capo Press, 2008.

Food often seems to be a tranquilizer instead of fuel. Understand why you eat, improve your eating habits, and allow yourself to relax around food.

Weight Watchers She Loses, He Loses: The Truth about Men, Women, and Weight Loss

by Karen Miller-Kovach, MS, RD. Wiley, 2007.

Addresses the differences between men and women regarding excess weight and the advantages of working on weight loss as a couple. Identifies motivators for each gender and strategies for teaming up to lose weight together.

The Baby Fat Diet

by Monica Bearden, RD and Shara Aaron, MS, RD. Alpha Books/Penguin Group, 2008.

"Eating for two" may sound delightful, but the consequences can be dreadful. Learn about breastfeeding as a weight-loss mechanism, the importance of eating breakfast and portion sizes.

Food Facts

Pocket Supermarket Guide, 3rd Edition

by Mary Abbott Hess, MS, RD, FADA, 2005.

Revised to reflect consumer shopping trends and packed with nutrition information and shopping tips. This new edition helps consumers make smart food choices based on personal dietary needs.

101 Foods That Could Save Your Life

by David Grotto, RD. Bantam Dell, 2008.

Take advantage of the delicious array of foods that can help fight cancer, reduce blood pressure, help you sleep and keep you healthy. Tickle your taste buds and feel better at the same time.

The Calorie Counter for Dummies

by Rosanne Rust, MS, RD, LDN and Meri Raffetto, RD, LDN. Wiley, 2010.

A compact guide with tips on creating a balanced lifestyle, nutrient data on common foods, and sections with nutrition information to help you choose well at major restaurants and fast-food chains.

The Calorie King®: Calorie, Fat and Carbohydrate Counter

by Allan Borushek, RD. Family Health Publications, 2009.

Recent attention has focused on fat and carbs, but we mustn't forget that calories do indeed count. Here's an up-to-date collection of fast foods with sections on fiber, protein and iron.

The Complete Book of Food Counts, 8th Edition

by Corrine T. Netzer. Dell, 2008.

A handy reference for your bookshelf, this guide lists every food you can name. Each food is analyzed by calories, protein, carbohydrates, fat and fiber, as well as sodium and cholesterol.

The Complete Food Counter, 3rd Edition

by Annette B. Natow, PhD and Jo-Ann Heslin, MA, RD. Simon and Schuster, 2008.

Healthy eating guidelines, an A to Z nutrition dictionary, values for 21,000 foods and much more information can be found in this revised and updated encyclopedia.

Dr. Jo's Dining Lean: How to Eat Healthy When You're Not at Home, 3rd Edition

by Joanne V. Lichten, RD, PhD. Nutrifit Publishing, 2007.

Finding it difficult to order healthful foods at your favorite restaurant? This guide gives you caloric, fat and fiber content — and portion control tips, too.

Eat Out, Eat Right: The Guide to Healthier Restaurant Eating, 3rd Edition

by Hope S. Warshaw, MMSc, RD, CDE. Surrey Books, 2008.

Eating out can be a challenge, but it is possible to choose well from restaurant menus. Information is included on cuisines of other countries, as well as menus and diabetic exchanges.

The Essential Herb-Drug-Vitamin Interaction Guide

by George T. Grossberg, MD and Barry Fox, PhD. Broadway Books, 2007.

You may not realize there are herbs that can weaken or enhance the effects of prescription drugs. If you use supplements, you'll find this guide to be a valuable resource. It's organized alphabetically and includes an index.

Gut Insight: Probiotics and Prebiotics for Digestive Health and Well-being

by Jo Ann Tatum Hattner, MPH, RD and Susan Anderes, MLIS. Hattner Nutrition, 2009

Gut Insight will teach you about probiotics (friendly bacteria) and prebiotics (fibers that feed those bacteria) and how they can positively influence your health.

The Healthy Wholefoods Counter

by Annette B. Natow, PhD and Jo-Ann Heslin, MA, RD. Pocket Books, 2008.

Written in a question/answer format to help you increase your knowledge about potassium, fiber, folic acid, calcium and other nutrients. Clear up the confusion about organic, natural, sustainable, free-range and other concepts currently in the nutrition headlines.

The New Food Lover's Companion, 4th Edition

by Sharon Tyler Herbst and Ron Herbst. Barron's Educational Series, Fall 2007.

Subjects addressed include: cooking tools, techniques, meat cuts, breads, pastas, international foods, cheeses, herbs and spices and just about everything else dealing with food.

Nutrition at Your Fingertips

by Elisa Zied, MS, RD, CDN. Penguin Group, 2009.

Confused by conflicting nutrition information? These strategies will give you confidence to determine your calorie needs, navigate the aisles of your grocery store, and create an eating plan that works for you.